



Hickman County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Hickman County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for Hickman County Schools that includes:

- School Health Advisory Committee
- Eight Healthy School Teams
- School Health Policies strengthened or approved
- Student Wellness Policy
- Student Psychological Services
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$240,903.

Community partnerships have been formed to address school health issues. Current partner include:

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| ➤ Hickman County Health Council | ➤ Hickman County Suicide Taskforce |
| ➤ UT Extension | ➤ Agrana Fruit, Inc. |
| ➤ Hickman County Health Dept. | ➤ Women Are Safe |
| ➤ Hickman Community Hospital | ➤ LifeCare Center of Centerville |
| ➤ Three Rivers Community Health Center | ➤ State Farm |
| ➤ Hickman County EMS | ➤ Hickman County Times |
| ➤ Hickman County Chamber of Commerce | ➤ Hickman County Farmers Market |
| ➤ Sole Supports, Inc. | ➤ Get Fit TN |
| ➤ MLEC | ➤ Well Child, Inc. |
| | ➤ Subway |
| | ➤ Coca Cola |
| | ➤ Liberty Pharmacy |
| | ➤ Hickman Veterinary Hospital |
| | ➤ Life Source of Centerville |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. These activities include the School Health Advisory Committee, Healthy School Teams, health fairs, Fun Runs, fitness events, school health screenings, and Walk the Dawg Fund Raising Event. Currently, 53 parents are collaborating with CSH.

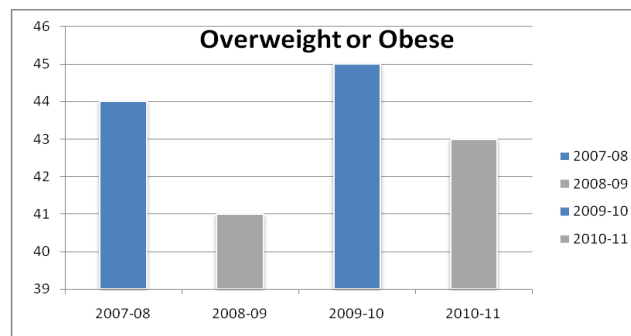
Students have been engaged in CSH activities. These activities include health fairs, fitness events, Healthy School Teams, and StarTeens. Approximately 234 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Hickman County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers include 1676 screened and 422 referred;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA.



However, four out of eight schools have improved student BMI rates from 2007-2008 to 2010-2011.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: health curriculum and playground equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include TAHPERD, Michigan Model training, and Take 10! training;

School faculty and staff have received support for their own well-being through employee health screenings, employee wellness newsletters, flu shots and hepatitis B vaccinations, employee diabetic educator, and employee wellness rooms.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Character Counts, Lifetime Wellness, Chef Combo, Power You, and Michigan Model;
- Physical Education/Physical Activity Interventions – all eight schools are exceeding the 90 minute physical education/physical activity law, all physical

education classes are taught by a certified physical education instructor that meets all K-12 Physical Education curriculum state standards and guidelines. In grades 6-8 the teacher incorporates walks or daily 20-30 minute recess into class schedule. In grades 9-12 daily 7:45 am – 8:20 am morning walks (doors are shut and students are walking in same direction through designated course.) Some classroom teachers K-5 are using Take 10!, Before and After School Exercise Program: Before and After School exercising program for students in grades 3-5. Students are participating in a number of different activities throughout the year including track activities, bicycling, jump rope activities, and circuit training, taught by certified physical education teachers. The cost is free. Healthy School Teams lead schools in physical activity reward days and addressing mandatory recess K-5 (not withholding recess as punishment), American Heart Jump Rope for Heart, Physical Activity Fundraisers - “Walk the Dog” Grades 3-5, all 8 schools participate in Field/Fun Active Days, UT Extension/CSH/Nutrition Services provide “Fit Packs” to 1st grade students. “Fit Packs” are backpacks filled with age appropriate books over exercise and nutrition, parent wellness newsletters, jump ropes, balls, freebies, bean bags and other fun physical equipment that teachers use as reward for students to check out. WIN Room – Hickman County Middle School promotes positive character, academics and social skills with the WIN Room that is occupied with physical activity equipment such as a Ping pong table, DDR, and Wii, Project Diabetes funding and purchase of equipment and walking tracks;

- Nutrition Interventions – dietary consultant addresses food allergies and diabetics, UT Extension Chef Combo and Power U, Diabetic Educator Services provided through partnership with Three Rivers Community Health Center.
- Mental Health/Behavioral Health Interventions – coordination of mental health services through the mental health grant, Hickman County Child Find event for children Birth to 5 years old (preschool) who are not currently enrolled in our school district or receiving any special education services can be screened free of charge. This is a partnership between CSH and Special Programs.

The Hickman County School System is partnering with Three Rivers Community Health Center in addressing diabetes prevention through the Project Diabetes Grant addressing physical activity and nutrition

In such a short time, CSH in the Hickman County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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